

Bryan Schaaf:

Back here on the Meat Speak podcast powered by the Certified Angus Beef Brand. Can you believe it? This is episode four of season two, Brian Schaaf, chef Tony Biggs, but we are so, so, so happy to welcome in her return to the Meat Speak podcast. Our little meaty triumvirate is complete again. Diana Clark, meat scientist. How are ya?

Diana Clark:

I'm doing great. Except I have to say, you said season two, it's actually season three.

Bryan Schaaf:

It is. Clearly my brain is all [crosstalk 00:00:40].

Diana Clark:

See. This is why I'm here though, is just to make those little corrections right there.

Bryan Schaaf:

I think I'm all out of sorts because I was eating a chef Tony dumpling for lunch, and I was so distraught over the fact that I could not handle this dumpling with chopsticks. I was so [crosstalk 00:00:59].

Tony Biggs:

We're going to get you there. We're going to get you there. They make chopsticks for five-year-olds. I'm going to bring them in. They got [crosstalk 00:01:06] rubber bands on them.

Diana Clark:

[crosstalk 00:01:09] little dinosaurs on top.

Tony Biggs:

The little dinosaurs, Brian. Yep.

Bryan Schaaf:

You know what I like, I like forks because if you really like, you just got to jam it in there. Right? That's more my speed. Just give me something that I can stab, whatever I'm eating and we're all good.

Tony Biggs:

I watched you to struggle today. I did watch you struggle.

Bryan Schaaf:

The struggle is real, [crosstalk 00:01:28] but the payoff was well worth it, chef. That was a delightful, it was a delightful dumpling.

Tony Biggs:

Well, Diana Clark, we have missed you terribly. Have you been getting any sleep? Okay. Tell us. Have you?

Diana Clark:

No, I have not actually. Not much. We're surviving over there. It's good. It's great.

Bryan Schaaf:

Excellent. In case you missed the close of season two or the very intro of our batch episodes that launched last week, Diana had little Clark number two. Tell us a little bit about baby number two. How's everything going?

Diana Clark:

Yeah. We had a little girl, Annalise. She's growing. She's doing good. At the same time, she's not sleeping much. Her big sister also does not want to sleep as much either. So it's been an adjustment, but we're having fun at the same time. So that's good.

Bryan Schaaf:

Excellent. At this point, [crosstalk 00:02:20] can you put tenderloin into a bottle for her? I mean, obviously you have to go to tenderloin because it's so tender, right? If you don't have teeth, that's where you go, right?

Diana Clark:

It's the first. Yeah. See, but I would rather start them with something a lower cut, like braised something. They got to work their way up to those better cuts. I forget what Ida-Marie's first was. Pretty sure something out of the chuck, fairly positive. I experienced the whole thing.

Bryan Schaaf:

Right. We're in Northeast Ohio. A nice Amish pot roast goes down really well.

Diana Clark:

Yes. Right?

Tony Biggs:

A little puff pastry on there.

Diana Clark:

Especially in the winter time.

Tony Biggs:

Yes, love that.

Diana Clark:

Yeah.

Tony Biggs:

Wow. A lot of veggie. I love it. I love it.

Bryan Schaaf:

Outstanding. So if you are tuned in, we appreciate you subscribing to the Meat Speak podcast across all of your major podcasting platforms, but in an homage to Paige, our social media guru, we do want to remind you that if you could, we're putting a particular emphasis on Apple podcast. That's the little purple icon on your phone. If you could go there and give us a star rating, preferably five. Leave us a review, again, preferably something positive, but I have learned that it could even be like, yes. This guy smells like raw chicken and it's still going to help us. Right? It's something to do with the Apple algorithm, but if you could do that for us, we would be ever, ever grateful. We have a super fun episode today that we're excited to bring to you. Not just because it is the valiant return of our trusted meat scientist, but it's a sit down with our pal Lamar Moore at a restaurant called Eleven Eleven in Chicago, which is over in the Fulton market area. Which if you know Chicago, you'll know Chicago is sort of divided. True Chicagoans when they go to eat, they go to the Fulton market. The tourists, all go to Michigan Avenue. Is that right, Diana? You're a Chicago native.

Diana Clark:

Oh yeah. I agree with that one for sure. You just don't know the ins and outs of the city. It's just so big. So you can't find those little gems that are pretty incredible.

Bryan Schaaf:

And there's so many of them. So many of them. Starting with, again, Eleven Eleven, it's right underneath the L on Lake Street in the Fulton Market area. Big, big, big fan. Anyways, super excited to bring this episode to you. It's with Lamar Moore. Give him a follow on social media. He puts out some pretty crazy stuff and I'll tell you what, as far as we work with a lot of chefs, I would put Lamar's cuisine up against anybody. It is that good. And really excited to hear what he has to say. So you know what, let's come back and chat afterwards. Here on the Meat Speak podcast, enjoy our sit down interview with Lamar Moore from Eleven Eleven, all about beef and the menu, and how he feels about how animals are raised, how beef is really portrayed in the mainstream vernacular of the culinary industry. So you're on the Meat Speak podcast powered by the Certified Angus Beef brand. We'll be back in a few. We're here on the Meat Speak podcast powered by the Certified Angus Beef brand. Brian Schaaf, coming to you from the... oh, this is the Fulton market area, right?

Lamar Moore:

Yep.

Bryan Schaaf:

Yeah. Okay. So right next to the L. You can always hear it go by, which is like the most Chicago thing ever, right? I mean, you see the L and you eat deep dish pizza. Right? Which is typically the stereotypical Chicago experience. Although it's funny enough, I've never been to Chicago and eaten deep dish pizza in Chicago, which people are like, "Really?" I'm like, "Yeah, but I lots of burgers or something." That said, super excited about what we're going to talk about with our guest today, who has some really unique insights given his career. Who's really spanned the industry in terms of types of food you can cook, types of places you can cook. And he's doing a lot of work now with the National Beef Cattlemen's Association, and really gives a pretty unique perspective on beef in a day and age where there's a lot of people who are kind of throwing cattle under the bus. Not literally, right? I mean, that'd be a big bus. But the idea of beef and what it means to the environment and raising cattle and whatnot. So that said, let's go ahead and dive into this. Our guest today is one of the most visible and talented chefs in the windy city.

Bryan Schaaf:

As a Chicago native, his career has taken him across the country running restaurants, spanning from fine dining to burgers and barbecue and everything in between, all while keeping one foot in front of the camera. On Food Network's Chopped, Bravo's social experimentation show, Welcome to Waverly, and most recently as Food Network's Vegas Prize Fight champion, which netted him an executive cheffing gig at the new Buggy and Meyer's Steakhouse inside the Caesar's Flamingo Casino in Las Vegas. Today he's back in his hometown as chef and partner of the super hip Eleven Eleven. You'll notice, if you're listening to this at 11:00 AM and we're inside of Eleven Eleven, that's actually the sign that angels, they don't just get their wings, they actually get buffalo wings. If you're adding those things up, these are the rules. I don't make them, I just repeat them. That's it. We are underneath the L in Chicago's West Loop on Lake Street. Please welcome to the podcast, Chef Lamar Moore. How are you doing, sir?

Lamar Moore:

I'm great, man. Thanks for having me.

Bryan Schaaf:

Oh man. I'm so glad. I was here when you guys, gosh, when you were here, I think you were here a few weeks when you took over last time I was in Chicago and I ate the burger. Shocker. Right?

Lamar Moore:

Yeah, no big mysteries there.

Bryan Schaaf:

Yeah. It was so good. So good. So my own personal plug, if y'all are in Chicago, chances are if you're in Chicago on food business anywhere, you're going to end up in the Fulton Market district. Right? Because this is where, I mean, this is where Girl & the Goat, and Swift & Sons and all these restaurants are here. Eleven Eleven is right in the thick of all that. Actually you guys are right down the street from Swift & Sons, right down the street from the Ave area next to Royster and all those. You guys are in a unbelievable area, man. Like, you walk out your front door and I mean, this is the place to be, right? I mean, do you pinch yourself?

Lamar Moore:

Yeah. I pinch myself. It actually feels good to be in the Fulton Market area in West Loop, because like you said, you're in the Mecca of everything. So you can walk and turn left, turn right, keep swirling, you going to find something good to eat. So.

Bryan Schaaf:

Amen. I was going to Federales last night, and the line to get in was crazy.

Lamar Moore:

Yeah, It's always like that, man. Party, party.

Bryan Schaaf:

People love tacos, man.

Lamar Moore:

Yeah. Tacos and tequila.

Bryan Schaaf:

Amen. Right? All right. So let's talk about this. You're from Chicago originally, but you haven't always been here. Right? Give us a 10,000 foot view of the fact. I mean, first, I mean where did this idea of a kid from Chicago, and really at a time... I mean Chicago has always had a great culinary scene. It's a very different culinary scene now than it probably was when you were growing up with the Jean Johos and the Charlie Trotter's and the people like that. But what was it that kind of lit your fire to set about a career in the kitchen?

Lamar Moore:

Well, one, I grew up in it. Well, I grew up in it very well, watched my grandmother cook, helping people. Something I wanted to do and Chicago is really big on that too. You'll see chefs, neighboring chefs helping each other. And two, I mean, I enjoy the food and the atmosphere here. I didn't stay here long. I ventured out to California for 10 years working in steak and seafood. I traveled quite a bit too, working for a seafood company, opened 45 restaurants worldwide. Then I moved back here. Being a Bears fan, I worked for the Bears for a bit. So I extended my career doing some catering and doing a lot of higher fine dining. I worked at Tanta doing the Peruvian. Definitely talking about barbecue, smoked dedicate. That's definitely a Chicago staple. I took over a hotel in River North, which when I was younger, that was one of the hotels that you hang out. Kanye West would hang out there in Crimson Lounge, and then it got changed up. So when you talk about the times changing, that changed quite a bit. And obviously I was at Swill Inn, which was my venture on doing bars and burgers, which I actually really do. I love. I think a lot of chefs like that too, because when we travel or on our days off, I mean, who doesn't want a good beer and a burger and barbecue or a bourbon.

Lamar Moore:

So it was kind of a way to go and I sat right outside of Fulton Market too, which is very interesting. It's like close, but not so close. Then we talked about Vegas Prize Fight. Vegas is very different, especially being a South Side, Chicago kid. For me, I love to visit, but I don't know. Living there is a little interesting to say the least, but a lot of steak and a lot of fun. And now, I found my way back here in Chicago in the heart of Fulton Market in West Loop and having a kick-ass time doing it.

Bryan Schaaf:

Man, we're glad to have you back. All right. Tell us about Eleven Eleven here. The first thing that jumped off for me was, I mean, the location's amazing, but you have a rooftop. You can literally look over the wall and it's like that elevated train is boom, right in your face. Like you are right there.

Lamar Moore:

Yeah. The space is meant to be very comfortable, but it's kind of separated, but together. So you walk in, it's just like when I worked in McCormick and Schmick's. You walk in, you see bar first, then there's a restaurant. We have a nice backroom. We call it the playroom, where it's got a TV and another bar and then you cascade upstairs. You get upstairs, there's indoor and outdoor and then, again, you get to hear the train and see the train ride past you. It's like that instant Chicago feel and people get excited about going upstairs, especially when it's warm. First thing people say is, can we go upstairs? Before they go in.

So we find ourselves moving our people up and then working them down, which is great and capacity we can fit 205 people here comfortably. But I love it. I love the space. I love the feel of it. Before coming here, as a chef, I visited here quite a bit and I always felt very comfortable. My food perspective is American with a little a Southern feel to it. We want to make the food for you here at the restaurant, which we're doing a great job doing that, accompanied with some great drinks. And that's how we feel here at Eleven Eleven.

Bryan Schaaf:

Outstanding. I can attest, I can attest. All right. Let's talk about beef, right? Shocker, right?

Lamar Moore:

Right.

Bryan Schaaf:

It's a podcast from Certified Angus Beef. Oh, yeah. I guess we should talk about beef. Every restaurant that you've been at, right? All the concepts. It's funny, I had the same conversation with Rick Tramonto in season one. You've never done a concept that didn't have beef on the menu.

Lamar Moore:

Right.

Bryan Schaaf:

And especially as a chef, you guys get hit with all of these different messages and cattle raise. Oh, you can hear the L going by right now. You guys get hit with all these different messages and raising cattle. Oh, cattle flatulence is going to be the death of humanity and all this. How does one, especially on the receiving end, especially in a place like Chicago, Illinois, right? It's not like you can go down the street and there's a cow right there. You got to go on a couple of streets, you get to Wisconsin. That's where the cattle are. How do you cut through the messaging and really find out what's actually going on out there?

Lamar Moore:

I think one, as chefs, as restaurant tiers, we have to educate our guests as well as our staff. And I agree, I think there's not a menu here that doesn't have beef on there. I mean, one, we're beef and steak. We're steak and potatoes through and through, but to not see beef would be very, I'd say weird because I'd wonder why. Then I'd have to go into the menu like, why is it that we don't have beef? Me personally, I have not randomly had a meal that doesn't have beef because I think it's just essential to culinarians, essential to our menus, essential to people. And people would wonder why you don't have beef. When I think of this concept here at Eleven Eleven, we've been toying around with the menu. I put a steak on the menu, and the first one was one with a sheet of butter, just to get something out there and then change. Obviously I changed the burger, and our signature burger I think stands up, stands strong to a lot of the burgers here in Chicago. Most recently I changed our steak to cage rib-eye the holy cow just, for lack of a better word, it flew out of the door, which I expected because people do understand and appreciate a good grade of beef. And we do a 22 ounce bone-in rib-eye, which is cooked over a wood fire grill.

Lamar Moore:

That culinary style a little bit different from most that you would get depending on your flavor sets and what you're doing. So to say that I'm not going to have beef on the menu, how I'm entertained to put another steak on the menu or other some other form of beef sliders, why would I not want to entertain that and why would I not want the guests to appreciate what I love? And I don't see the disrespect in the cattle when I'm getting it from great companies, great farmers who we've talked about. And making sure that if we're saying we're family, which we are here at Eleven Eleven, then what about the families are that are raising the cattle and raising the beef and that's their livelihood, for lack of a better word. So for me not having beef, it's not going to change. I'm going to always have beef on the menu.

Bryan Schaaf:

Outstanding. Well said. You know what? I'm going to take you back to, gosh, I forget what year it was, 2017, 2018 maybe where I remember sitting in a downtown Omaha bar with yourself and our buddy Brett Sawyer, who's also been on the podcast, a couple other chefs. Sorry. As Certified Angus Beef, we do a thing where we take a group of chefs and we take them out west and we really try and show them cattle production because one of the messages that I've always liked to get out there is that it's a very honest industry. Maybe it's not always the most transparent because they're afraid that certain things will be taken the wrong way, but it's a very honest process. Can you walk us through that as somebody who's been on that chef tour, where we go to a working ranch? I think we were at the Lindemann Ranch down in Princeton, Nebraska, which is about 45 minutes south of Omaha. We went through a large scale beef packing plant, right?

Lamar Moore:

Mm-hmm(affirmative).

Bryan Schaaf:

And we mean like several thousand head of dairy produced. And we went to a finishing lot, a feed lot, a feed yard, depending on, I guess, where you're at. How did that impact, I guess, your career understanding what all goes in behind rearing an animal from gate to plate?

Lamar Moore:

Well, I think at first, when you talk about chefs being around each other, we're also intrinsic in our spaces that we don't have the time to be able to co-collaborate and actually have conversations. When you talk about like Brett Sawyer, I mean, he lived here in Chicago for years and now he's in Cleveland and his spec on how he cooks is very different and he's a little bit more closer to the farms. Glen Wheeler as well. I mean, he's closer, he's in Nebraska, so he sees that on a day-to-day basis. Here I am in the Midwest where it's kind of difficult to get some of that product. So we're having all those same conversations and then the explanations behind it. And then you see this tight-knit family who has been breeding cows now for such a long time, to your point, and you see a large amount of cows, but their process by process sustainable, great. And then we got to eat a lot of the product too, which was even better, and for me, it just made me closer to the cow than where I was in the beginning of my career. And that's something now that I look after as much as possible. Understanding the family's understanding, the who and the why and what we call pasture to plate. It was probably one of the most mind blowing experiences.

Lamar Moore:

And from that point, I realized I needed to get more understandings that are involved when it comes to beef. Well now, here I am with the NBCA now for over two and a half years, and not only speaking on behalf of beef, but also being a student of the game too, because there's so many farmers that were sitting around and when we talked about... I remember growing up eating beef. So going way back to when I was a child, to be honest, I had everything well done because my grandparents felt because a lot of quality of beef they were getting wasn't as good. So that's the mentality. And as I got older and understand, no, well this is how they treat the beef to get the natural flavor. I don't over, what I call over enhance the flavor of the beef, because again, when you go to the feeding yards, you'll understand, well, this cow gets this, this one's gets this one, and this is why this one, this one takes this long. Then you have the agent processes in there. So it's more continual understanding and looking at what the farmers do on a day-to-day basis. I'm excited for what we do now. I'm excited for what the next 10 years may come, because beef is where it's at.

Bryan Schaaf:

Well you're somebody who... I always like to think there are two different kinds of chefs. So the chefs who are never in the kitchen, and then there are chefs who are always in the kitchen. Right? And you sort of straddle that line where you're in the kitchen, but you're also out of the kitchen enough. And yesterday was probably a perfect example where you went in and were cooking at Chicago gourmet at the Harris Theater in Millennium Park. And then when you were done, you worked on the line here at Eleven Eleven.

Lamar Moore:

Right.

Bryan Schaaf:

You're pulling double duty, right? But when you're out of the kitchen and you're interacting with all of these other chefs who are very much receiving a lot of the same messaging, the same information that you are, what's the overall feel that you get? If I go back five or six years ago, man, the idea of cattle flatulence and factory farming, which is now it's almost like we look into it like, really, have you ever been to a farm because you can't put cattle in cages. This is ridiculous. But what's the overall like? Do you see the mindset shifting to... Are people having a better understanding of this whole process?

Lamar Moore:

Absolutely. I think some of us chefs, we find out we end up using the same product from the same farm, same people, especially in Chicago. A lot of us are having that conversation. Hey, this is what I'm using. This is what I choose and this is why. And then we talk about our technique and what we use in some. Are you using smaller cuts when they're pan searing, some are just simply grilling, some are wood fire grilling. Some are roasting depending on the applications. So we're always having those conversations. Actually, as you said it, we were just having this conversation yesterday with a fellow chef I work with. I haven't seen him in a few years and we're all talking about, especially now with the pandemic, what are you buying? What are you not buying? What's your buying power? How much are you buying so much of? And one of my guys, he works for Gibson's Restaurant Group, which is one of the bigger old school steakhouses here. And he told me he goes through 4,500 pounds of beef a week. And I was like, "Holy cow," that's a lot of beef, and the fact that they have to use multiple purveyors in order to get the quality of beef. And Gibson's to me is still one of those old school, white table cloth, green and white heavy plates standards that if I want a good old steak, I never miss going there.

Lamar Moore:

Which again, when we talk about those staples, they're doing something right because the chefs or the operators have gotten an opportunity to get out of the kitchen. So then they can go to the farmers and then go and still have these meetings and say, this is something that I want to bring back to my restaurant and then now I multiply restaurants with that same consistent product. So that's what we're looking at and those are conversations that we have is, how do we stay consistent? How do working with the farmers, how can we stay consistent with them by saying, "Hey, this product we had here, this is what I really like." How well can we stay consistent with that based off your feeding and based off your metrics and what you're doing? And so once we have those conversations, that helps the farmers too, because like, Hey, so I'm using it. So if Tom, Jerry and Mike are using the same thing, then now it's going to help however many, three or four cows that you have, so then you're not losing them. When we talk about certain, like hanger steak, you only get one per cow. So if I'm using hanger and they're using hanger, [inaudible 00:22:07], like, okay, so we need to increase our volume on using hanger because they all seem to like that product.

Lamar Moore:

And it also helps the farmers too, because they don't know. They only know as this is what we think is good based off what we're doing and I can taste it, but at the end, I'm not a chef. And that's when you pass it down to what we do and then giving that information back to them. And then you guys as well, having those conversations of this is what I like, this what I don't like, or my cost is high. Do you have anything different that I could use or try? Which we talk about all the time. And even with the chefs, they're like, "Oh, wow, that was great. Oh, that was knuckle. "Oh, really? Well, how'd you do that? Okay. Well, let me reach out too, because I'm interested." And then, oh, wait, I got a sample here. You want... It's constantly having those conversations over and over, which I definitely appreciate.

Bryan Schaaf:

You know what, it's funny that a lot of the things that you just talked about, I imagine you could almost take a copy and paste. Go back 20, 25 years. You look at we're in Chicago, right? This is the town. This is Charlie Trotter's town. Right? And if you go back to what Trotter sort of built his reputation, it was exactly that. It was working with the farmers. I'm not saying that he was the guy who invented this idea of I'm going to go out and work directly with the farmers, but man, you're in a town where there are so many of those Trotter alumni still floating around with Giuseppe and Tramonto is always floating around. Then the people who came up under them, like the Pandels and the Joey Flammes. Does it feel like this is just another chapter in that book that was written by Charlie, that everybody's still following? We're evolving, we're doing things a little bit differently, but at the end of the day, it all goes back to that understanding where your food comes from.

Lamar Moore:

Yeah, big time. I think the whole goal is to continue to strive to have that bench. Agreed. You have the alumni, you got the Bill Kim's too, and they are all around and trying to produce their next best. The challenge now that I foresee is, where do we go for the next best? Because that mentorship has changed so dramatically. The industry has changed so much. Who comes from [inaudible 00:24:22]. We talk about the Flammes and the Isaacs and the Pandels, we're now at that echelon to where's our next 20, 25 year old that was hungry like we were 15, 20 years ago. Gosh, I can't believe I'm saying that right now. Well, who replaces us, who continues that echelon? Especially here in Chicago, because it's so historically known as we are all... Like now being down here, we're talking about in this great space.

Now I'm in the space of where we all are like how it was 15, 20 years ago. They didn't walk, knock on the back door, grab a beer and a stove here and sit there and talk about the day on the bottom of a creek. The fact that we still do that I think is so awesome, having those conversations, but yeah.

Bryan Schaaf:

Excellent. Excellent. Let's talk about Chicago, right? This is your town, right? And I would be remised if we didn't get into a tour of Chicago with the man from Chicago. Right? Let's talk about the culinary scene. Right? And I was trying to be very careful because I realize when I say, what are your favorite places, you're going to go through and then we're going to turn off the microphones and you're going to drive home and you'll be like, "Oh my God, I can't believe I didn't mention that place. They're going to be so... they're going to be ticked." Right?

Lamar Moore:

Right. Right.

Bryan Schaaf:

So with respect to that, I will rephrase it just saying, what are some of your favorite places, acknowledging we may not be able to mention all of them because we may not remember them. But if you're coming to Chicago, and full disclosure, this does not have to be only places that serve Certified Angus Beef. We love those places, obviously we prefer those places, but that said, good food is good food. If you're in Chicago, where are you telling people to go?

Lamar Moore:

Gim because I like low key. I love The Loyalist and being so close. I love going down there. I get a burger. It's going to sound crazy. I'm actually not a big burger person, but when I do, I want a really good one. And The Loyalist is definitely one of my good spots. They have great drinks.

Bryan Schaaf:

It's the dirty burg, right?

Lamar Moore:

Yeah, man.

Bryan Schaaf:

That's Glenn Wheeler's favorite as well.

Lamar Moore:

Really? Yeah, I love going down there. John Shield's doing such awesome job there. Then I'll go north and I go to Mi Tocaya and I get a little Mexican feel. Then there's just a hole in the wall. As chefs, we have our little favorite, so there's a little hole in the wall called Goose Island Shrimp, somewhere on Division. And they used to stay up a little late. Pre COVID, you go three, four o'clock in the morning and you get a couple of pounds. They have like this really tangy orange hot sauce that is insane. And I like the fact that it comes in a paper bag. When you think about Chicago late night, early morning, you go get a polish or a hot dog. It comes in a bag, the fries come in a bag, and I love the fact that the fried shrimp comes in a paper bag. There's something nostalgic and weird about that. Definitely love to go on

the Virtue out in Hyde Park. I think the food out there is phenomenal. And then there's The Soul Food Shack right down the street from there that I think is pretty cool. It's very, very different food, but same concept in the head. I think, where else? Oh, here. So Ramen, we have a lot of ramen in this area, which I'm totally a fan of. Love Ramen San, I hang out there quite a bit.

Lamar Moore:

There's another one called Tenko Ramen. It's in Fulton Market. They do some of the best fried chicken nuggets I've ever had in my entire life. And I love the spicy ale and it comes on the side, and I get a couple of rounds of that and Asahi beer, and I'm good. So I'd say those are a lot of my... Oh, no, I'm sorry. Last one but not least, J.P. Graziano sandwiches. His family's been around-

Bryan Schaaf:

Never heard of it.

Lamar Moore:

...since 1930s, three blocks from here. And I found myself probably two, three times out of a week here, if I'm taking a lunch break over here, I'm going to grab a sandwich. It's good cold cut Italian sandwich. And it's simple, it's good. Chips are always good. They have this Jones peach tea, which I'm a fan of. And I love that guy and the food is amazing. Some of the best sandwiches I've ever eaten.

Bryan Schaaf:

Outstanding. All right. So this is the second Chicagoan on this podcast who has... Basically, everything that you just talked about, it's all over on this side of the city, right? I think Stephanie said Chicagoans go to the west side, the tourists go over on the east side to the Michigan area. So my travel advice is book your hotel halfway in between. Right?

Lamar Moore:

Yup.

Bryan Schaaf:

I walked to Michigan yesterday twice. Well, I guess, Friday and Saturday twice. It's not very far. Actually there's a great little hotel I always stay in. It's right across the street from the Sepia. Have you gone to Sepia?

Lamar Moore:

Sepia?

Bryan Schaaf:

Yeah. It's Andrew Zimmerman.

Lamar Moore:

Oh, yeah. Yeah.

Bryan Schaaf:

Yeah, it's fantastic. And Jacob Lewis who used to be the sous chef at Greenhouse Tavern in Cleveland as a sous chef there. So of course in my world, everything comes back to Cleveland, Ohio. Of course. Right? It's the epicenter of the universe, so.

Lamar Moore:

Right.

Bryan Schaaf:

All right. I just got into a couple of questions that Paige, our social media super guru back in the office. Right? So Certified Angus Beef, we're old school, right? We're the oldest brand of beef there is. We have social media and they hire millennials to run our social media channels because they realized that leaving social media to people like myself-

Lamar Moore:

Right.

Bryan Schaaf:

...I would be sitting here trying to log into my MySpace account.

Lamar Moore:

You and me both.

Bryan Schaaf:

Like, why isn't this thing working anymore?

Lamar Moore:

Right.

Bryan Schaaf:

Got a couple quick fire questions if you could. Lamar Moore, you've worked in restaurants all over the place. Let's talk about cuts of beef. Right? You can order one steak off the menu, any menu, any cut, anywhere. What are you getting?

Lamar Moore:

I'm going with rib-eye.

Bryan Schaaf:

Yeah?

Lamar Moore:

Yeah.

Bryan Schaaf:

Bone in, boneless?

Lamar Moore:

Bone in.

Bryan Schaaf:

Excellent.

Lamar Moore:

Bone in. Actually that's my favorite cut, man. I enjoy cooking it. I enjoy serving it. I like the nice marbling. I like the nice fattiness that comes to it, especially if it's the medium rare and you let sit for a second. I think it's just unctuous, juicy. And then it's good for leftovers if I was thinking potatoes the next day or thinking eggs. So bone-in rib-eye.

Bryan Schaaf:

Excellent. All right. Let's dive a little deeper into this, right? This isn't part of the script. So Paige, forgive me. Rib-eyes, right? The spinalis muscle. There's the spinalis dorsi, there's the longissimus dorsi. Right? That's the heart. The spinalis wraps around the top. When you eat your rib-eye, do you cross cut those-

Lamar Moore:

Yes.

Bryan Schaaf:

...so you get a little of both or do you pull the spinalis off?

Lamar Moore:

Cross cut.

Bryan Schaaf:

Oh, so you like a little best of both worlds?

Lamar Moore:

Yeah. Cross cut.

Bryan Schaaf:

Interesting.

Lamar Moore:

Oh, man.

Bryan Schaaf:

I feel like this is like a Myers-Briggs thing in terms of, it's like how do you eat your little Debbie the nutty bars that have the layers, you take one big bite or do you peel off the layers?

Lamar Moore:

I peel them.

Bryan Schaaf:

I'm a peeler too. Right?

Lamar Moore:

Yeah, I peel the layers.

Bryan Schaaf:

And same thing, how do you eat your rib-eye? Right? Because I am a, I want to save the best piece for last, right? Which on the entire, on the entire beef carcass, that spinalis, right?

Lamar Moore:

Mm-hmm(affirmative).

Bryan Schaaf:

Is like, that's the money right there. So I'm going to hold on to that, but I don't want to hold onto it too long because every once in a while someone will be like, "That looks great," and they'll take a piece off my plate.

Lamar Moore:

Yup.

Bryan Schaaf:

And they take the spinalis. And that's why steak knives exist, I've learned.

Lamar Moore:

Absolutely.

Bryan Schaaf:

It has nothing to do with being sharp enough to cut through meat, has to do with defending your position-

Lamar Moore:

A little bit.

Bryan Schaaf:

...in case somebody tries to take your spinalis.

Lamar Moore:

Armed and ready.

Bryan Schaaf:

Outstanding. On that note, any parting shots that you want to put out there. You've been doing a lot of work with NCBA. I mean, anything that you feel like people need to know more about. I mean, this is just another extension, another mouthpiece of the cattle industry, of the food industry. Say anything you want to make sure that gets said that hasn't been said yet?

Lamar Moore:

Well, I think especially with when we talk about NCBA, it's we talk about sustainability, we talk about farmers, farm to table. I think it's important that we continue to support the beef farmers. I think they've gotten left out. I think for the last year or so, we're talking about family and assisting others, and they kind of got pushed on the aside. The restaurants took a hit. Obviously everyone took a hit. The restaurants took a hit, that means the farmers take a hit too and they're trying to recoup. And I visited a farm recently in Colorado and one of the farmers was telling me that they ran out of their corn feeding and they changed their feeding to oat. And so you think about that for a second, imagine if you wake up with your family and you can't feed them the same thing you would normally feed them and that changes. They are just as affected as much as we are. And so we talked about the educational side of that, of how that changes the cow and what they're doing to feed the cows. And then they look for us to then taste and test to make sure that we're on the same page with them as far as the feeding is concerned.

Lamar Moore:

So I think it's really important when you go to the store and you look at what you're choosing, know that when you pick up something and you buy, you are supporting someone else's family. When you come and dine in a restaurant, you're supporting someone's family. And I just, I don't know, I grew up where we don't turn our back on anyone. And so the beef farmers are definitely here to stay and we got to continue to support them. And my mission is to continue to talk and evolve more about what they do and what I do from a culinary standpoint on the beef side, especially with the NCBA.

Bryan Schaaf:

Outstanding. Before we turn you loose, give us some plugs. Give us some social media plugs. You've got a huge social media following. Do you know this?

Lamar Moore:

A little bit. I got it a little bit. I'm getting older now, I need to get me a 20 year old or an intern that can do it, but I've been pretty blessed. So if you're looking to follow me and follow us, what we do here, my Instagram is chef_ljm. Eleven Eleven restaurant is @ElevenElevenChicago, and we're all over Facebook and Twitter and the same hashtags and handles. Our hashtag here actually is wish you were here, because we wish you were here now to enjoy some of this delicious brunch we're going to put out here in an hour or so. But yeah, man, glad to be here and follow along. And also if you want to follow along what I do with the NCBA, it's beefitswhatsfordinner.com.

Bryan Schaaf:

Outstanding. All right. ne last thing just because, I mean, you've known me for a long time. You know my brain kind of jumps all over the place, right? One of the things that I was like, "Whoa," because in full

disclosure, in a previous life, I used to be a sports writer. Eleven Eleven, one of your partners here is a gentleman named Nazr Mohammed.

Lamar Moore:

That's correct.

Bryan Schaaf:

Tell me about that. If you don't know Nazr Mohammed, right? He was a big man, bounced around the league. What, six, seven teams, and then he played for the Knicks, played for the Thunder, played for the Bulls, right? In Cleveland, he is very famous because when LeBron went to the Heat, Nazr Mohammed was the guy who knocked over LeBron and actually I think ended up getting teed up or kicked out of the game for it.

Lamar Moore:

Yes.

Bryan Schaaf:

But at a time when Cleveland was still burning their LeBron James jerseys, Nazr Mohammed could have run for mayor of Cleveland and-

Lamar Moore:

Pretty much.

Bryan Schaaf:

...probably won pretty well. What's that like man? I mean, is he just another dude or?

Lamar Moore:

Nazr is definitely another dude. He's very relaxed. I just found out recently we were both Virgos, which explains a lot. Very chill, down to earth. If you would see him walk through the door, besides his height, you wouldn't even realize that he's somebody who's won a championship. A great basketball player, great for the city, all around great guy to be around. And I'm impressed because when you talking about celebrities and people, it's always that echelon of that you can't walk up to him, you can't talk to him. And when he walks through the door, again, obviously you see him because he has to bend over to get through this door, but his friends, his family speaks so highly of him you can tell. And we all have a great working relationship with him and I'm glad to be working beside him because he's such a good dude.

Bryan Schaaf:

Outstanding. Outstanding. Lamar Moore of Eleven Eleven in the Fulton Market district in Chicago. I will tell you once more, come in, the rib-eye is fantastic. I come in though, the burger. I'm telling you, you've made several different burgers over the years that I've eaten and they're all ridiculous. So I don't know what your secret is, but the dude knows how to make a burger. Right? And I mean, you can even change it up and it's still just as good. It's just different. So the burger at Eleven Eleven is certainly, it's in my pantheon of greatest burgers that I've consumed. So super excited.

Lamar Moore:

Appreciate it.

Bryan Schaaf:

So if you're in Chicago, which is saying, because if you're in Chicago, lots and lots of great burgers. Right? You'll notice I have a Small Cheval hat on today. Right? I walked into Small Cheval last night with a Whataburger hat on and I think they were offended. So they gave me a Small Cheval hat.

Lamar Moore:

I bet they did. I bet they did.

Bryan Schaaf:

But come on. It is Whataburger, who doesn't want Whataburger.

Lamar Moore:

Absolutely. It's okay.

Bryan Schaaf:

Lamar Moore from Eleven Eleven in Chicago. Thanks for taking time joining us on the Meat Speak podcast, powered by the Certified Angus Beef brand. If this is your first time tuning in, know that you can find us across all of your major podcasting platforms, but we'd like to put a particular focus on the Apple podcast. That's the little purple icon on your phone. Go there, give us a rating. Give us a comment. Not for our egos, it's just apparently that's how you unlock the apple algorithm. Right? Never thought I'd be saying those words, right? That's what Paige the social guru media guru... She's pushing us where we need to be. That said, until next time. Thanks to the Meat Speak podcast powered by the Certified Angus Beef brand. Lamar Moore, you got some brunch prepping to do.

Lamar Moore:

A little bit.

Bryan Schaaf:

Giddy up. So thanks for taking the time brother.

Lamar Moore:

Of course, man.

Bryan Schaaf:

Back on the Meat Speak podcast powered by the Certified Angus Beef brand. Bryan Schaaf, meat scientist, Diana Clark, Chef Tony Biggs, coming to you in episode four of season three. Chef you've cooked all around the world. Was there ever a time in your life that you thought, you know what, this vegetarian thing, it's really picking up steam, maybe I should go down that road?

Tony Biggs:

Well, who doesn't love vegetables? Right? Well, I guess I didn't when I was five and every kid hates broccoli, right? I mean, as a matter of fact, several years ago, I invented this thing called the Tony cone.

All right. And what is the Tony cone? The Tony cone was a concoction of fruit and vegetable put into a tailor ice cream machine, and you were going to get a soft serve concoction that was dairy free, all vegetable and no fat. Okay. So that's really the tricky part of getting all those ingredients into a tailor ice cream machine. You know the soft serve, Bryan? You go to the fair and get that. And I almost had it, but I was entering the freeze zone where it would freeze inside the machine. So if I go to that next step, but I had sweet potato, I had cauliflower, I had broccoli and I had beets, Tony cone. So it's not ice cream, but it was a frozen concoction.

Bryan Schaaf:

Interesting. You know where I would go with that is, again, and this is where I feel like the meatless industry has missteps, is they want to make this fruit or vegetable concoction look like something that you would want. Right? Like an ice cream cone.

Tony Biggs:

Correct.

Bryan Schaaf:

Right?

Tony Biggs:

Right.

Bryan Schaaf:

Or you take vegetables and [crosstalk 00:39:41] you turn them into a burger. Right?

Tony Biggs:

Right. Diana, can you imagine saying to your new child, "Oh, let's go get a broccoli Tony cone." "Yes, mama. I'm going to eat this."

Diana Clark:

I like that. I mean, I'm thinking about the idea of adding some veggies into the diet. So that's a good way to do it, for sure.

Tony Biggs:

No dairy, fat-free and you have your vegetable.

Diana Clark:

I mean, I'm just happy that she'd be eating vegetables. That's phenomenal.

Tony Biggs:

Exactly.

Diana Clark:

Right?

Tony Biggs:

Exactly. Although I kind of like a black bean burger once in a while here, Bryan. Remember the black bean burger craze in the 80s?

Bryan Schaaf:

Yeah. Yeah, yeah.

Tony Biggs:

Always on menus. I don't see that anymore.

Bryan Schaaf:

Yeah. And even, some of these envogue, there's the impossible, there's the beer. They taste good. They're still not a meat burger, but I certainly can't mock.

Diana Clark:

When you put cheese and Ketchup and mayo and everything on them, they're not bad. They're okay.

Bryan Schaaf:

But there's no real place in the real deal. And that is, I guess...

Diana Clark:

That's the truth.

Bryan Schaaf:

Yeah. In the culinary world, again, I understand people have various motivations for how they eat and things like that, but at the end of the day, hopefully there's always a place for meat on everybody's menu. I know I would certainly be disappointed if we didn't have any, so. Actually at lunch, I had a salad and a piece of the lettuce got stuck in the back of my throat, not to the point where it was clogging me from breathing, but I was gagging. And I was like, "Look, salad is trying to kill me." Right? You know what didn't try to kill me? The 60 day dry age steak you served chef.

Tony Biggs:

The 60 day and the 40 day. Right? How was that?

Bryan Schaaf:

They were delightful. They were really, really good. Yeah.

Tony Biggs:

You struggled with those beef dumplings though. We're going to still have to get you to chopsticks school.

Bryan Schaaf:

This transcript was exported on Oct 12, 2021 - view latest version [here](#).

Struggling is a relative term though. Once I had the fork in my hand, the struggling was over. Struggling was over. On that note, let's put a bow here on episode four of season three. If this is your first time listening to the Meat Speak podcast, please know that you can find this across all of your major podcasting platforms, but specifically, if you could, give us some extra love on the Apple podcasting app. It's the little purple app on your phone. Leave us a star review, or leave us a star. Write us a little review. It certainly helps. This is, we say, it's the business side of things. We don't make money doing this. We're all employees of Certified Angus Beef, right? But it does help with the overall visibility. And if you write, this is my ultimate tie-in. If you like farmers, if you care about agriculture, know that Certified Angus Beef drives dollars back to the farm. This podcast is represented by Certified Angus Beef. So if you love farmers, leave us a review, leave a stars. Right? Go home, have a hamburger. If you want to have a Tony cone on the side, go for it, but don't forget the meat. Don't forget the meat.

Diana Clark:

Yes. Meat is what matters.

Bryan Schaaf:

Until next time, for the Meat Speak podcast I'm Brian Schaaf, for Chef Tony Biggs, meat scientist, Diana Clark. We appreciate you listening. See you next time.